

Family & Community MEDICINE

Summer 2007

SHE'S COME A LONG WAY

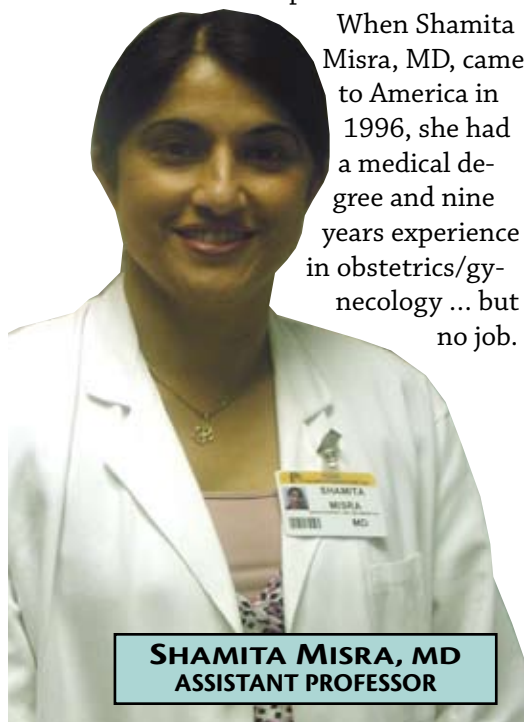
Since leaving India 11 years ago, Shamita Misra has learned to be true to herself and shed her inhibitions.

Today, she feels very good about the person she's become, and for that, she thanks America.

COMING TO AMERICA was a good decision for Shamita Misra. She left India — and a career as an obstetrician/gynecologist — 11 years ago to start a new life here in Missouri with her husband and two children.

"America is a such a great place. I have only nice things to say about this country and how I've changed since I moved here," she says. "Professionally speaking, Shamita the Indian and Shamita the American are comparable. But on a personal level, I have been able to develop to a deeper level here in America. I've learned to be more expressive, honest, and open. These are good changes, and they make me feel so much better as a person."

When Shamita Misra, MD, came to America in 1996, she had a medical degree and nine years experience in obstetrics/gynecology ... but no job.



SHAMITA MISRA, MD
ASSISTANT PROFESSOR

"1996 was the craziest year for my husband and me," Dr. Misra says.

Madhukar Misra, her husband, is a nephrologist and had just finished a two-year peritoneal dialysis training program in England. Their original plan was to move back to India, where Madhukar had accepted a position at one of Delhi's most reputable hospitals. Their plans changed, however, because of an offer he received from MU Professor and then Director of Nephrology Karl Nolph.

"Madhukar and Dr. Nolph met in the summer of 1996 while attending a conference in Sweden. They were having a chit-chat under a staircase when Dr. Nolph invited him to do a fellowship at MU," Dr. Misra says. "Dr. Nolph is a pioneer and nationally recognized for his work in peritoneal dialysis, so of course Madhukar was honored and excited about this opportunity. It was hard for him to know what to do since we'd already bought a home in Delhi. Once Madhukar decided to accept Dr. Nolph's invitation, I respected his decision and followed him to America."

Dr. Misra had a busy life in India and hoped to find a career in Missouri that was similarly challenging and fulfilling. In exploring her options, she realized that to practice OB/GYN here meant she'd have to repeat residency training. The thought of retraining seemed boring, especially since she had already taught and practiced six years as an OB/GYN doctor in India.

Family medicine, on the other hand, was an option that did appeal to Dr. Misra. She decided that as a family physician, she'd be able to use her interest, knowledge, and experience in women's health — plus learn something totally new.

Soon after arriving in Missouri, Dr. Misra met with MU Family Medicine Residency Director Dr. Erika Ringdahl to find out more about the program and what she needed to do to get accepted. She studied diligently during the next year to prepare for board exams, and after passing them, she gained admittance into MU's residency program. In 2001, when Dr. Misra finished her training, she was invited to join MU's Family Medicine faculty.

Today, having practiced for six years as a family physician, Dr. Misra says, "I've come a long way."

"Family medicine has been a great fit for me. I've grown and matured in ways that would not have happened had I stayed in OB/GYN," she says. "I feel fulfilled, and I've become a more compassionate human being. Choosing family medicine was the best decision I could have ever made."

As a member of the Blue Team at MU's Green Meadows Family Medicine Clinic, Dr. Misra sees patients of all ages. While many are women, she cares for males, too.

She continues to practice OB, and in fact, she still cares for the first baby she delivered nine years

FACULTY FOCUS

CHAIR'S MESSAGE

IT'S A PLEASURE to present our third annual alumni edition, featuring the 1977, 1987 and 1997 graduates. I hope you'll enjoy reading about their careers as much as I did. The advice and perspective from this great group of people is impressive! How did they get so wise?

Their experience points out the many options in Family Medicine, the enduring satisfaction these doctors derive from their relationships and their chance to serve, and the importance of balancing rewarding work with fulfilling personal lives. I very much encourage each of you to carefully read about the experiences of these iconic graduates.

Congratulations to our class of 2007 who, in ten years or sooner, will be at least as influential, critical to the success of healthcare in the United States, and ... wise.

A few graduates were unavailable, and if there is someone who is not featured in the newsletter and would like to send us advice, please contact Kathy Boeckmann. We'll publish your experience in the next issue.

Shamita Misra has been a great addition to our faculty. She is a gifted clinician, a composed healer, a thoughtful teacher, and a self-reflective learner. We are looking for more great things from Shamita in the years ahead.

This spring, we had a (literally) tear-filled goodbye to four key colleagues. For many of us, it's hard to imagine our work lives without Sharon Cornelison, Kirsten Maakestad, Cari Worley, and James Birch. Yet, we'll be welcoming several new faculty over the next six months, and within a couple of years, it will be difficult for us to imagine life without them as well.

A new feature: "Test your Vision" is on Page 15. See if you can match the optimistic predictions about the future of family medicine with their authors.

HAROLD A. WILLIAMSON JR.
Professor and Chair

FAREWELL

SHARON CORNELISON, RN-C, retired in May after 20 years with MU Family and Community Medicine. She was hired in 1987 to manage a clinical research project that studied the effect of prenatal ultrasounds.

When the five-year ultrasound project ended, Ms. Cornelison was invited to join the faculty as an obstetric nurse coordinator. In addition to providing care and education to new and expectant mothers, she taught medical students and residents for nearly 15 years. Ms. Cornelison created a support program for new moms in 1999. This program, Mother-to-Mother, brought moms and their babies together weekly to discuss the joys and challenges of motherhood.

Two years ago, Ms. Cornelison became a nurse partner and changed the focus of her work from obstetrics to chronic disease. As a nurse partner, she experienced new and different rewards in caring for chronically ill patients.

Even though she knows life will continue to be fulfilling and fun after retirement, the decision to end her career at MU was a difficult one for Ms. Cornelison.

"This change is huge, and it won't be easy," she says. "I will miss everyone in the department. The friendships I've developed here are special and will not end even though my work here has."

Now that she's retired, Ms. Cornelison will be able to spend more time with family and pursue other interests. "But first on my *to do* list is to put away Christmas ornaments," she says. "Hopefully, I'll get that done before summer ends."

KIRSTEN MAAKESTAD, MD, assistant professor, has moved to Rochester, MN, with her husband, Eric Deutsch, MD, and their two daughters. Dr. Deutsch is beginning the anesthesiology/critical care residency program at Mayo Clinic College of Medicine.

Dr. Maakestad joined our department in 2001 after completing residency training at St. Mary's Hospital in Grand Junction, CO. During her six years at MU, she taught residents, saw patients, and was Gold Team leader at Green Meadows Family Medicine Clinic. She also researched and wrote about acute mountain sickness, an interest she developed while living in Colorado.

"I hope to find a job in Rochester just like the one I've had here at MU," Dr. Maakestad says. "But not until I've had time to settle in, get through the first winter, and make several extended visits with grandparents."

CARI WORLEY, MD, assistant professor, has moved to San Antonio, TX, while her husband, Steve Henry, MD, completes fellowship training in hand surgery. Dr. Worley joined our faculty in 2004 after completing her residency here. In addition to taking care of patients at the Family Health Center, Dr. Worley had administrative duties in our residency program. She helped manage didactic "Theme Days" and developed an OB pathway for residents.

During her husband's year-long training, Dr. Worley will commute to Austin to help set up a women's clinic. After that, they'll move to Taipei, Taiwan, for a year so Dr. Henry can complete a microsurgery fellowship.

"I have no idea where we'll go after that," Dr. Worley says. "It'll be the first time in our lives that our location won't be determined by an acceptance letter/match."

JAMES BIRCH, MD, MSPH, an assistant professor, has accepted a faculty position at University of Kansas-Kansas City Medical Center (KUMC). Dr. Birch came to MU Family Medicine in 2004 when he began our two-year geriatrics fellowship program. After completing his training, he joined our faculty and the Gold Team at Green Meadows Family Medicine Clinic. In addition to his patient care duties, he also taught medical students and family medicine residents at MU. Dr. Birch will have similar responsibilities as a KUMC faculty member.

"Columbia has been a great place to live, and I leave here with fond memories," he says. "My move to KC brings me closer to my son and grandson, and they are an important part of my life. I look forward to long and frequent visits with them."



SHARON CORNELISON



KIRSTEN MAAKESTAD



CARI WORLEY



JAMES BIRCH

WELCOME



JULIE KAPP

JULIE KRYGIEL KAPP, MPH, PhD, has joined our faculty as an assistant professor of Family and Community Medicine. An epidemiologist who earned her master's and doctoral degrees from St. Louis University, Dr. Kapp comes to us from MU's Department of Health Management and Informatics (HMI). She served as research assistant professor and director of the Health and Behavioral Risk Research Center while at HMI.

Dr. Kapp's interests include clinical and cancer epidemiology, cancer screening, and quality of life. She is pursuing these interests, as well as new research topics, with Family and Community Medicine faculty members.



DEBRA PARKER OLIVER

DEBRA PARKER OLIVER, MSW, PhD, now serves as an associate professor of Family and Community Medicine. Before accepting the invitation to join our department, Dr. Oliver was an associate professor in MU's School of Social Work for six years. In addition to her teaching duties, she directed graduate and doctoral studies at the School of Social Work.

Dr. Oliver's research has focused on death and dying, hospice practice and management, home care, and gerontology. She was presented the 2007 Project on Death in America Social Work Leadership Award in recognition of her outstanding work in the fields of end-of-life, hospice, and palliative care. Dr. Oliver currently collaborates with clinicians and investigators here and across campus on research aimed at improving the quality of life for our aging population.



PETER KOOPMAN

PETER KOOPMAN, MD, AND RICHELLE KOOPMAN, MD, MS, who are married, will leave Charleston, SC, to join our faculty in the fall. Both family physicians graduated from University of Pittsburgh School of Medicine, and in 2003, Dr. Richelle Koopman earned an MS in clinical research from the Medical University of South Carolina (MUSC).

At MUSC, Dr. Richelle Koopman is assistant professor in the Family Medicine Department, a faculty member in the College of Graduate Studies, and medical director of Employee Health Service. Dr. Peter Koopman works as an urgent care physician at Doctors Care in Port Royal, SC, and he practices family medicine at Kiawah-Seabrook Medical and Urgent Care, Johns Island, SC.

Drs. Peter and Richelle Koopman will have teaching duties at MU, and they will see patients at our department's newest clinic, which is scheduled to open in Fall 2007. In addition, Dr. Richelle Koopman will be committing most of her time to clinical research.

The Koopmans have two daughters, Liz, age 8, and Katie, who is 2.



RICHELLE KOOPMAN

KUDOS

ELIZABETH GARRETT, MD, MSPH, professor of Family and Community Medicine, was recently named chair-elect of American Board of Family Medicine.

ALSO, in June, Dr. Garrett was sworn in as president of Missouri Academy of Family Physicians; she will serve in this role for one year.



MICHAEL HOSOKAWA, EdD, professor of Family and Community Medicine and associate dean for curriculum, was named 2007 Jane Hickman Teacher of the Year by MU's School of Medicine (SOM).



ERIK LINDBLOOM, MD, MSPH, associate professor of Family and Community Medicine, was nominated by the SOM Organization of Student Representatives to be MU's 2007 candidate for the AAMC Humanism in Medicine Award. This national award is bestowed upon one physician/faculty member annually.



MU SOM FAMILY MEDICINE INTEREST GROUP (FMIG) was one of 10 groups chosen for AAFP's 2007 Program of Excellence Award.

MU FAMILY AND COMMUNITY MEDICINE is ranked No. 2 again in U.S. News and World Report's *America's Best Graduate Schools 2008*.



MU SCHOOL OF MEDICINE finished second place in the 2007 Family Medicine Top Ten Awards.

These awards, presented at STFM's spring meeting, were created more than 10 years ago by AAFP to recognize LCME-accredited schools for their exceptional efforts in advocating for the specialty of family medicine.

PHOTO ON LEFT:

RICK KELLERMAN, MD, *president of AAFP*, presents a plaque to BETSY GARRETT, MD, MSPH, MU Family and Community Medicine professor and clerkship director.

OTHER MU FAMILY MEDICINE FACULTY (LEFT TO RIGHT):

STEVE ZWEIG, MD, MSPH; ERIK LINDBLOOM, MD, MSPH; JIM STEVERMER, MD, MSPH; JACKIE RUPLINGER, MD; AMANDA ALLMON, MD; and MIKE LEFEVRE, MD, MSPH.

CONGRATS TO THE RESIDENCY CLASS OF

2



SHANE CASS, DO

Shane, his wife, Kamila O'Neill, and their daughter, Ariana, have moved to Westminster, CO, a suburb in northern Denver. Shane is practicing family medicine with Colorado Permanente Medical Group.

0



LEA CLAYCOMB, MD

Lea has joined the Indian Health Services and is practicing full-scope family medicine in Crownpoint, New Mexico. Lea's boyfriend, Cliff, who works for an engineering firm, moved to New Mexico, too.

0



MELINDA HECKER, MD

Mendi has joined MU's Family Medicine faculty. She, her husband, Brett, and their son, Zack, are staying in Columbia, where Mendi will practice at MU's northside clinic, which is scheduled to open this fall.

WELCOME
MU
Family
Medicine
Faculty
Member

7



WELCOME
MU
Family
Medicine
Geriatrics
Fellow

EVA RABUY, MD

Eva and her husband, Dr. Marc Del Rosario, are living in Columbia while Eva completes Geriatrics Fellowship training at MU. Eva sees patients at the Green Meadows Family Medicine Clinic.



WELCOME
MU
Family
Medicine
Faculty
Member

LAUREL SOMMER, MD

Laurel, her husband, Dr. Kieth Groh — also a family physician, and their children, Kylie and Keegan, are living in Columbia. Laurel, a new faculty member, practices at UP-Woodrail, MU's southside clinic.



WELCOME
MU
Family
Medicine
Faculty
Member

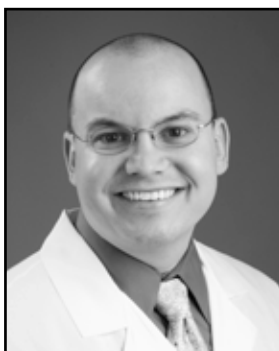
SARAH SWOFFORD, MD

Sarah has joined MU's Family Medicine faculty. She, her husband, Adam, and their children, Molly and Luke, are living in Columbia where Sarah practices at Green Meadows Family Medicine Clinic.



SARAH WIEDERHOLT, MD

Sarah is exploring several job opportunities in the mid-Missouri area. Practicing family medicine at MU's Urgent Care clinic is one of her options. Sarah is also considering doing locum tenens work.



BRIGHAM WISE, MD

Brigham, his wife, Kristin, and their children, Emma, Cooper, and Meg, have moved to Henderson, NV, where Brigham has enrolled in the sports medicine fellowship program at University of Nevada.



RAMON YLANAN, MD

Ramon and his wife, Melissa Amador, have moved to Birmingham, AL, where Ramon is doing a fellowship at American Sports Medicine Institute. After completing that, he plans to practice in Texas or Florida.

4



"WHAT ADVICE DO YOU HAVE FOR OUR 2007 FAMILY MEDICINE GRADUATES?"

1977 FAMILY MEDICINE RESIDENCY GRADUATES

"I don't think any other medical discipline offers the range of career options available to family physicians. In putting together a presentation for the local AFP group, I've had a great time collecting thumbnail biographies of local family physician clinicians, educators, researchers, health care executives, public health officers, government employees, politicians, policy activists, and others — really an astonishing variety of ways to make a difference."

ALFRED BERG, MD

RESIDENCY CLASS OF 1977

DR. BERG, who has been chair of the Department of Family Medicine at University of Washington-Seattle since 1998, announced his resignation this spring, effective August 1, 2007.

"I know nine years as chair is short by Missouri standards, but it was the best I could do," Dr. Berg says. "I'll be on sabbatical for six months, and then who knows? I am chairing a couple of national panels on genetic testing and post-traumatic stress disorder for the Centers for Disease Control and the Institute of Medicine, respectively. I've also been playing a lot of chamber music as a member of a violin/cello/piano trio — a career to fall back on should times get tough."



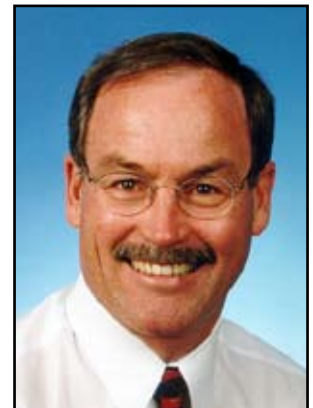
"Stick with family medicine. Even though it can be difficult at times, it's a great field with unrealized potential. The best part of your career will be the long-term relationships you develop with patients and colleagues. Family medicine is critical for societies' goals to stay healthy and control health care costs. The many ways we can contribute to these goals in family medicine are challenging, rewarding, and stimulating. Welcome to a great future!"

LARRY HALVERSON, MD

RESIDENCY CLASS OF 1977

DR. HALVERSON is currently serving the Cox Family Medicine Residency program, Springfield, MO, in a unique position called *senior faculty*. He quit taking call on January 1, 2007, but still works full time in all other facets of the program.

"Our program director has supported my efforts to tailor my time to do more things that I find exciting and satisfying," Dr. Halverson says. "I am working on quality improvement in management of chronic diseases, particularly diabetes. I am mentoring residents in required research projects and doing a fair amount of research myself. Finally, I have just started raising money for an endowment to support the residency program in the care of people with diabetes. Donations, anyone?"



"Maintain excitement and interest in learning about medicine throughout your career. Have passion for what you do; it's this passion that will drive you to learn about new treatment methods, basic science research, and changes in medicine and the focus of health care. Also, be yourself and get to know your patients as people. If you are genuine and really care about their wellbeing, you'll have a busy practice. You've learned the science of medicine; the art of medicine will evolve through your years in practice."

DEVERA ELCOCK-SKIMMING, MD

RESIDENCY CLASS OF 1977

DR. ELCOCK moved to St. Louis after residency and worked in emergency medicine for several years. During this time, she was diagnosed with spondylolisthesis and eventually needed an in situ lumbar fusion. Dr. Elcock, then unable to do ER work, joined Blue Cross Blue Shield and served as medical director of Alliance.

Realizing that patient care — and not administration — was her calling, Dr. Elcock accepted an offer to direct Employee Health at St. John's Mercy Medical Center in 1988. In this role, she helped develop the hospital-based Occupational Medicine Center, which is still functioning today. Five years later, she partnered with others to form St. Louis Spine Care Alliance, which was the first multidisciplinary spine practice in the area. After two more lumbar fusions, Dr. Elcock could no longer practice full time. She retired in 2003, and since then, she has worked at St. John's Mercy West County Radiology.

In 1983, Dr. Elcock married W. Lee Skimming, MD, an orthopedic surgeon. They like to travel and spend time at a home they purchased in Scottsdale, AZ. They're big baseball and basketball fans — the St. Louis Cardinals and Phoenix Suns are their favorite teams.

"Our daughter, Katy, is a sophomore at University of Richmond. I also have five stepchildren and 11 step-grandchildren. I am truly blessed," Dr. Elcock says. "I'm involved in several children's charities and currently serve as VP of St. Louis Charitable Foundation. For now, I have no plans to retire. I hope to work 'til I'm old and gray, and since that will NEVER happen, who knows how long I'll work?"



**DR. ELCOCK (RIGHT) AND
HER DAUGHTER, KATY**

- “
 - Make time for yourself and your family.
 - Stay true to your ideals and convictions.
 - And ... Don't forget to have some fun along the way.”

JOSEPH MATHEY, MD

RESIDENCY CLASS OF 1977

DR. MATHEY served as chief medical officer of Corning Inc., NY, for nearly 17 years. Today he practices with an internal medicine group in Corning four days a week; his patients are adults and adolescents.

Dr. Mathey and his wife, Cathy, have a home located on one of the Finger Lakes in Corning. They have two children, Amanda and Chris, who are both married, and two “grand-dogs.”

“I still snow ski, water ski, snowshoe, and cross-country ski, and I'm almost 60,” Dr. Mathey says. “Everyone needs to carve out time for fun and family because you never know how life's going to treat you.”



“Finish each day, and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely.”

— RALPH WALDO EMERSON

JAMES LORD, MD

RESIDENCY CLASS OF 1977

DR. LORD spent the first 10 years after residency in private practice in Independence, MO. Responding to the call to teach — as well as his desire to be closer to family — he moved to St. Louis in 1986 and joined St. John's Mercy Medical Center Department of Family Medicine. Dr. Lord has been on faculty at Mercy Family Medicine since then, and in 1994, he earned his CAQ in sports medicine.

For more than 20 years, Dr. Lord has been seeing patients, teaching medical students, and training residents at Mercy Family Medicine. He designed and coordinates the sports medicine curriculum for Mercy's residency program; he also coordinates the geriatrics curriculum for the residency.

Dr. Lord and his wife, Kathy, have been married 35 years and have three children. Tim, 31, is a playwright in New York City; Kevin, 28, is an athletic trainer in St. Louis, and Katie, 26, is an occupational therapist in Kansas City. When he's not working, Dr. Lord enjoys bicycling, hiking, and soccer.



“Family medicine has many non-monetary rewards ... enjoy them, for they will be the greatest joys of your career.”

RUSSELL WHITE, MD

RESIDENCY CLASS OF 1977

DR. WHITE has been a professor in the Department of Community and Family Medicine at UMKC Truman Medical Center-Lakewood for two years. He also directs the Sports Medicine Fellowship and Sports Medicine Center at UMKC.

Before his current job, Dr. White practiced in Florida. He developed the first sports medicine fellowship in that state while working at University of South Florida-Tampa Bay. During the late '90s, he was a team physician for the Tampa Bay Devil Rays, and he also served as a U.S. Olympics team doctor.

“I played with a jazz group during my spare time in Florida,” Dr. White says. “But I've had no time for music in KC yet — too much work to do!”

“Learning how to learn and keep learning is the most critical skill you can master. Medical knowledge changes constantly at an ever-rapid pace. Effectively using technology and your own learning skills to keep abreast of new knowledge will help you give the best care you can to patients, students, and colleagues for years to come.”

THOMAS GREER, MD

RESIDENCY CLASS OF 1977

DR. GREER completed the Robert Wood Johnson Clinical Scholars program at University of Washington (UW), and after that he entered private practice in (what was then) rural Monroe, WA, for six years. In 1985, he returned to the predoctoral section of the UW Department of Family Medicine, where he's spent his professional career thus far.

Dr. Greer was recently promoted to the rank of professor. Currently, he serves as director of predoctoral programs, a co-director of the required third-year clerkship, and he practices family medicine — including OB — at one of UW's neighborhood clinics. In addition to caring for the whole family, he has special training and clinical experience in caring for HIV and AIDS patients.

“When I'm not working, I enjoy spending time with my partner, friends, and 19-year-old cat,” says Dr. Greer. “I also like the outdoors, travel, exercise, and art.”



OUR 2007 FAMILY MEDICINE GRADUATES?"

1987 FAMILY MEDICINE RESIDENCY GRADUATES

"Identify your core values and priorities; then schedule your time accordingly."

WILLIAM KIMLINGER, MD
RESIDENCY CLASS OF 1987

DR. KIMLINGER has been in private practice in Jefferson City since finishing residency. His group, Family Care Associates, includes MU Family Medicine graduates Jack Dodson (1994) and Henry Domke (1982).

Dr. Kimlinger and his wife, Melinda, have five children. Three are married: Melissa, 31, Eric, 29, and Ryan, 25. Their fourth child, Jonathan, is 21, and Amanda, their youngest, will start college at Brigham Young University this fall.

"I have six grandchildren who are the cutest in the world," Dr. Kimlinger says. "Activities at church, Scouts, family, and work keep me about as busy as I care to be!"

Underwater video is a strong recreational interest for Dr. Kimlinger. To learn more about his work, visit: TORTUGAVIDEO.COM



"Join a group, have good partners, and build a practice that keeps you busy but doesn't overwhelm you, leaving you no time for outside things. I classify outside things as activities from two different areas:

- The first is about people ... make time for family, friends, and volunteering.
- The second is about solitude ... find time to be alone with your own thoughts and contemplate.

Never let your life get so busy that there's no time for people or so loud that you never experience quiet."

JONATHAN RIGDEN, MD
RESIDENCY CLASS OF 1987

DR. RIGDEN, his wife, Ann, and their daughter, Melanie, moved to Stuttgart, Germany, right after he completed residency training. He worked as a civilian doctor for the U.S. Army, practicing family medicine with some OB, for four years.

"We chose this area because it had a good school for our daughter," Dr. Rigden says. "As it turns out, it was an interesting time to be in Germany. We lived there two years before and two years after the Berlin Wall went down."

In 1991, he moved to La Crosse, WI, and joined Franciscan Skemp Family Medicine. Franciscan Skemp, a member of the

Mayo Health System, is a multispecialty group that includes more than 100 physicians. Dr. Rigden spends most of time in clinic, caring for patients; he also teaches family medicine residents and nurse practitioners.

Dr. Rigden and his wife have four children and one grandchild. Melanie, their oldest child, is married and has an 18-month-old son, Harrison. Katie is starting college in the fall. Walter is a high school sophomore, and Anna is an eighth-grader.

"I spend a lot of time being what I consider an amateur naturalist," Dr. Rigden explains. "We have a cabin situated on 93 acres in a beautiful, beautiful valley that is a half-hour drive from our home here in town. I go there frequently for fun, solitude, and quiet."

Every March, the Rigdens and some extended family members from Missouri and Colorado gather at their cabin for two weeks to tap Maple trees.

"We collect over 1,000 gallons of sap by hand — then boil and boil and boil to get it to the end product. It takes about 40 gallons of sap to make one gallon of syrup," Dr. Rigden says. "After it's boiled down, we put it in jars and give it out. We've been doing this for four years. It's a lot of work, but it's fun, too."

Dr. Rigden looks forward to this annual syrup-making adventure and the time it provides for family and fellowship. Just as important to him, however, is the solitude he finds at his cabin.

"One of my favorite things to do on our land is put on my fanny pack and walk through the woods," he says. "There's time for real contemplation when I'm alone and on these walks."

“WHAT ADVICE DO YOU HAVE FOR

1987 FAMILY MEDICINE RESIDENCY GRADUATES

“It’s important to be flexible and stay open to new ideas. When I was in residency, I had no idea that I’d be doing what I’m doing now. The training at Mizzou gave me an excellent clinical base that helps provide the credibility I have in my current role.”

DAVID BRUMLEY, MD

RESIDENCY CLASS OF 1987

DR. BRUMLEY got married, traveled, and joined a family medicine practice in New Hampshire with a great group of partners right after residency. During the next eight years, as his practice expanded, he became more involved in organizational, operational, and financial issues. Being interested in — but not well educated on — these issues, he went back to school to earn his MBA.

Shortly after that, he began working as a medical director for Blue Cross Blue Shield of Massachusetts; his focus was quality improvement. He then held a similar role at Oxford Health Plans, did consulting work for a while, and in 2002, Dr. Brumley arrived back at Blue Cross Blue Shield.

“My current work involves supporting the many programs we have that promote wellness and prevention, disease management, and case management. I also see patients once a week through volunteer work at Manet Community Health Centers,” he says.

“For the past 12 years, I’ve been living with my wife, Laura; two children, Colin, 15, and Annie, 9; and two dogs in Duxbury, Massachusetts. Colin was born during my practice in New Hampshire, and Annie was adopted from Korea when she was four months old,” Dr. Brumley says. “In addition to work and the usual parental activities, I ski, play music, and follow the Red Sox.”



“There are so many career choices in family medicine. If you are self-motivated, I recommend working for yourself, not a corporation. Joining a group will make your life easier, with respect to call and overhead. I also highly recommend using an EMR.

Unfortunately, you don’t get paid to talk, you get paid for procedures. As you start your career, I suggest you find procedures you like doing. These will help pay the bills so you can enjoy the fulfilling part of family medicine ... the relationships you’ll form with patients. I love being a family doc and all the wonderful people I’ve cared for during my career.

It’s really easy to be a workaholic as a primary care physician, which is why I make time in my schedule for yoga three days a week. I recommend you block off time for yourself, too.

Good luck to all — you’ve had the BEST mentors in family medicine at MU.”

CONSTANCE IRICK, MD

RESIDENCY CLASS OF 1987

DR. IRICK has been practicing full time in the KC area since residency. After 18 years of working for a hospital in an outpatient office, she joined a small private practice. Two years later, she joined a larger group that emphasizes seven-day-a-week service and urgent care.

“Even though I made exhaustive attempts to make my move from the small to the larger group practice go smoothly, the transition did not go well for me or my patients. Insurance companies caused most of the problems; they wield all the power in the KC market,” Dr. Irick says. “In spite of this, it’s unlikely I’ll ever work for a hospital or large corporation again. The lack of control in exchange for a guaranteed paycheck just isn’t worth it to me.”

Dr. Irick continues to practice family medicine with the larger group, and, in fact, she started a new location for them a few months ago.

“I could not have grown my practice over the years without support from my laid-back, stay-at-home husband,” Dr. Irick says. “Our older daughter is close to graduating as a naturopathic doctor in Seattle. Our son is a third-year, pre-med student at Beloit College, Wisconsin, and spending the summer doing research on the effects of acupuncture. Our youngest is starting high school and likes ONLY animals, NOT people. She plans to be a vet, or if this is too difficult, a pet store owner!”

“As soon as you have your feet on the ground clinically, get out for some training in organizational development and process. Learn what makes a healthy organization.

Lead within your sphere of influence, regardless of how large or small that may be.”

JAMES CAROW, MD

RESIDENCY CLASS OF 1987

DR. CAROW and his partners opened a multispecialty clinical and diagnostic center in July 2006. They subsequently sold their clinic to Bronson Healthcare Group, a not-for-profit tertiary health care system that serves southwest Michigan. Today, as a member of what is now called Bronson Family Medicine, Dr. Carow and his colleagues are enjoying the new setting and adapting to a new organization and EMR.

“My wife, Christine, and I live in our home town of Kalamazoo,” he says. “We delight in the company of our two grandsons and granddaughter.”



OUR 2007 FAMILY MEDICINE GRADUATES?"

1987 FAMILY MEDICINE RESIDENCY GRADUATES



- “ ● **SMELL THE ROSES** every chance you get.
 ● Do not be afraid to say **NO**.
 ● It is never too hot for golf or tennis — and never too cold to duck hunt.
 ● Teach medical students; they'll keep you on your toes.”

STEPHEN RICHARD, MD
 RESIDENCY CLASS OF 1987

DR. RICHARD spent 10 years as a partner in a traditional volume/health insurance-driven family practice; then he sold his share and took a sabbatical.

“We kept our Richmond, Virginia, home but moved to La Paz, Baja California Sur, Mexico, for a little more than a year. I did some charity work, but mostly I played with my wife, Agnes, and our sons, Michael, Marshall, and Ross (MICMARROS.COM),” Dr. Richard says. “All of us got into scuba and are PADI certified. We enjoyed tennis and fishing, too.”

“I attended Spanish classes regularly but was humbled by how much faster the kids and wife acquired the language. I can attest, however, that I attained a solid foundation of knowledge regarding the variety and variables of good-sipping tequila,” Dr. Richard explains.

On returning to Virginia in 2005, he opened a low-volume, cash-only, solo practice (INFOPCC.COM). “Life has been good!” he says.



“Understand that you’ve gotten a great education as a resident in MU’s Family Medicine program, but that this is just the beginning of a career-long learning adventure. Medicine can be both exhilarating and humbling, not uncommonly within the span of a few hours!

Try to learn the business aspects of medical practice. Painful as it seems (and is), it will be critical for all who go into private practice to develop a working understanding of office management, insurance contracts, billing and collections, financial statements, and regulatory and compliance issues. I’ve been amazed to discover that many of my physician colleagues delegate most of these matters, and many are unaware of how health care finance mechanisms work and directly impact their bottom lines.

Find honest, reliable, hardworking people to work in your practice. Show them appreciation and treat them well. Make sure you understand your business well enough to monitor operational activities and address problems as soon as they are identified.

Take time to enjoy life and family. You’ll be surprised how quickly time passes.”

RANDALL MUELLER, MD
 RESIDENCY CLASS OF 1987

DR. MUELLER works as an emergency physician and medical director of Emergency Medical Services at Boone Hospital Center in Columbia, MO. He also serves as president of his private practice group, Emergency Physicians of Mid Missouri, PC.

In addition, he is medical director for Shelter Insurance Companies, whose home office is in Columbia, and he is CEO for Professional Billing and Management Solutions.

“My wife, Marla, and I live in Rocheport. Our older son, Austin, is a sophomore at Georgetown University, majoring in international business,” Dr. Mueller says. “His brother, Vaughn, 10, is a fourth-grader who loves soccer and baseball and plays the piano. Vaughn won the spelling bee championship at his school and then took 10th place in regionals this year (the winner was an eighth-grader).”

“ ● Consider physician-owned and -operated practices. You’ll have more responsibility, but you’ll also have more control over your career and improve your ability to care for patients.

● Learn about the business and financial aspects of your practice. Medicine may be an art, but it will also be your livelihood. Reading a balance sheet is as important as reading an ECG.

● Identify what you enjoy and love the most about practicing medicine. Make sure you get to do that every day; don’t let it be slowly whittled away.

● Don’t make your practice fit into a pre-defined round or square hole. Build your practice into what you want to do, rather than letting your job define your professional life.”

WILLIAM ENGLAND, MD
 RESIDENCY CLASS OF 1987

DR. ENGLAND and residency classmate Dr. Frances Hedrick practice at Valley Medical Center (VMC) in Lewiston, a town in northern Idaho. VMC is a 25-physician multispecialty group that provides mostly primary care. Dr. England moved to Lewiston 12 years ago and started Express Care, VMC’s urgent care center. He has served on VMC’s board of directors for the past eight years.

“My wife, Kathy, manages the surgery clinic at the local animal shelter,” Dr. England says. “Kelle, our redheaded older daughter, is in graduate school in San Francisco and studying advertising. Laura is an accounting major in a college near San Francisco. Will, who just finished his junior year of high school, is thinking about pursuing veterinary medicine or marine biology.”

FRANCES HEDRICK, MD
 RESIDENCY CLASS OF 1987

DR. HEDRICK joined VMC eight years ago. She spends half of her time at Express Care and the other half in a traditional family practice setting. Jess Stone, her husband, remains active with carpentry, church activities, and several community organizations. Dr. Hedrick’s mother, Mary, moved to Lewiston a few years ago.



1987 RESIDENCY CLASSMATES
 DR. HEDRICK AND DR. ENGLAND

“WHAT ADVICE DO YOU HAVE FOR C

1997 FAMILY MEDICINE RESIDENCY GRADUATES



“Don’t sacrifice your relationships, especially your family, most especially your spouse, in the name of career. Make wise choices now, and 10 years from now, you can be as happy as I am. With your credentials, you can go to any number of places and have a job that you can really live with. Don’t settle for less than the best for you and your family.”

CHRISTOPHER POOR, MD

RESIDENCY CLASS OF 1997

DR. POOR is working full time as an emergency room physician in Murray, KY. “I love it,” he says. “It’s challenging and exciting, yet it leaves me plenty of time with my family.”

Dr. Poor and his wife, Bridget, have four children: Katelyn, 15, Sabry, 12, Savannah, 10, and Sam, 7, who was adopted from Nepal.

“We have home-educated them for 10 years now. It’s been great to be with them and watch them grow,” Dr. Poor says. “Kate and I took a week-long medical mission trip to Honduras in June.”

DR. POOR HAS A WEBLOG: [HTTP://WWW.XANGA.COM/CHRISPOOR](http://www.xanga.com/chrispoor)



“Always have an open mind when you walk into an exam room, and always listen to your patients.”

SUSAN PEREIRA, MD

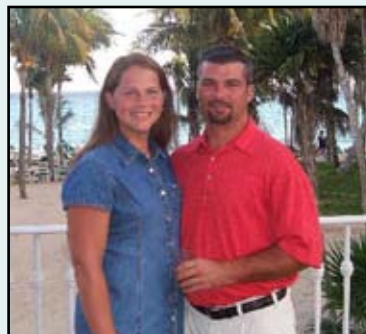
RESIDENCY CLASS OF 1997

DR. PEREIRA served on MU’s Family Medicine faculty for six years

after residency. In addition to teaching and patient care duties, Dr. Pereira provided leadership in the Family Medicine Residency program. In 2003, she joined the Emergency Medicine department and was appointed medical director of MU’s Urgent Care center. Today, as assistant professor, Dr. Pereira sees patients and has administrative responsibility for Urgent Care and the five full-time faculty members who work there. She also serves as medical director of three other University of Missouri facilities: Work Injury Services, Staff Health, and the Lab Animal Clinic.

Dr. Pereira enjoys her job and the opportunities she has to collaborate with so many MU physicians. Last year, she was nominated for Vice Chief of Staff by her colleagues at University Hospital.

Dr. Pereira has two daughters: Ivy, 15, and Willow, 12.



“Love what you do, and do what you love. Give everything to your practice and patients, but give the same to your family, friends, and yourself.”

DEANNA SIEMER, MD

RESIDENCY CLASS OF 1997

DR. SIEMER is in private practice with a nurse practitioner in her hometown of Jackson, MO. She also serves as chief of family medicine at Southeast Missouri Hospital.

“My home life revolves around my family ... Kevin and my kids, Cole, 7, Cael, 4, and Annika, 2,” Dr. Siemer says. “We stay active in sports. Cole was 2007 Missouri 6U state wrestling champ. Cael loves soccer and baseball, and Annika loves to squirt her brothers with a watergun.”



“Work hard when you’re at work. Listen more than you speak. Don’t worry about the money or gray hairs. Leave work on time, and devote yourself to your family. Then, sleep well.”

WESLEY SCOLES, MD

RESIDENCY CLASS OF 1997

DR. SCOLES is medical director and works in a two-partner family medicine clinic in Monticello, FL, which is a bedroom community of Tallahassee. He also serves as the medical director for all of Tallahassee Memorial Hospital Outreach Clinics.

Dr. Scoles practices with long-time friend and Mizzou graduate, R. Brian Deem (who did his residency at Cox in Springfield, MO), and he continues to teach at Florida State College of Medicine.

During the past four years, Dr. Scoles has led five short-term missions to third-world countries. These missions emphasized medical, spiritual, and construction activities. His next missionary trip will be to the Amazon and is scheduled for early 2008.

“A passion for me, yet unfulfilled, is writing,” Dr. Scoles says. “Lisa, my lawyer wife, our children, Blaire and Zane, and our Boxers are my loves outside of medicine. I am active in my church as well.”

OUR 2007 FAMILY MEDICINE GRADUATES?"

1997 FAMILY MEDICINE RESIDENCY GRADUATES



"Stay true to who you are and what you believe. Become a good listener. Remember to breathe. Try to have deep, satisfying laughter every day."

STEVEN HEIM, MD
RESIDENCY CLASS OF 1997

DR. HEIM is associate professor and was recently appointed predoctoral education director in the Department of Family Medicine at University of Virginia Health System. He also holds an appointment in the Department of Public Health Sciences, where he's served as course director of clinical epidemiology in the School of Medicine for the past five years.

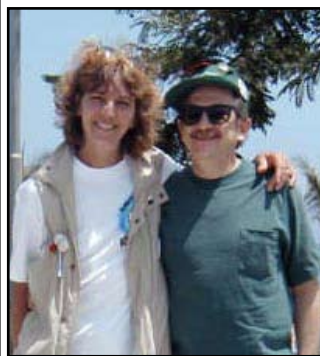
"In addition to teaching medical students and residents, I direct a CME course for practicing physicians," Dr. Heim says. "I maintain a clinical practice in an underserved area of central Virginia and coordinate the delivery of obstetrical services in my department."

"No matter what type of practice you find yourself a part of, find opportunities to be a strong role model for family medicine. You can do this by mentoring young students interested in a medical career, teaching students or residents in your practice, or exhibiting the values of our specialty through your everyday interactions with patients and colleagues."

KEVIN KANE, MD
RESIDENCY CLASS OF 1997

DR. KANE is enjoying a wonderful career as a faculty member at MU's Department of Family and Community Medicine. He practices at Callaway Physicians in Fulton, which is the clinic where he first started as a resident 13 years ago. Rural medicine continues to be a strong interest for Dr. Kane. In fact, as medical education director of MU Area Health Education Center, he provides important leadership to the University's rural track program.

"I was married on New Year's Eve 2006 to Cynthia Hayes who is also a family physician with a private practice in Columbia," Dr. Kane says. "During my time away from work, I enjoy playing the piano for my church and traveling."



"Remember who is important when you're with patients; be attentive when you listen and thorough when you explain."

JOHN MRUZIK, MD
RESIDENCY CLASS OF 1997

DR. MRUZIK is medical director of Boone Convenient Care (BCC), which is an outreach clinic owned by Boone Hospital Center in Columbia, MO. BCC is open every day, and its staff includes Dr. Mruzik and two nurse practitioners.

"I have a great job. All of us here at BCC enjoy what we do," Dr. Mruzik says. "We have fun and work like a team."

Dr. Mruzik has three sons, ages 24 to 30. He lives on a farm with Nancy, his wife of six years, and 19 rat terriers.

"Put your faith in God. That will get you through anything life throws at you."

RONNIE THOMAS, MD
RESIDENCY CLASS OF 1997

DR. THOMAS has been doing full-time family medicine, no OB, at Kaiser Permanente in Lakewood, CO, for six years. Before his current job, he served four years in the Army Medical Corps.

Dr. Thomas has three children from his first marriage: Katie, 15, Seth, 12, and Zane, 10. Three years ago, he remarried. His wife, Ginger Hendrix, LPN, (a competitive Texas "hold 'em" player who's no relation to Jimi) is attending physician assistant school. She has two children and one grandson.

"We have two cats, Eddie and Noodle, and when I'm not working, I like to ride horses, cycle, and participate in Scouts," Dr. Thomas says.

"Keep doing the things that got you here ... keep reading, keep paying attention to details, keep sleeping enough, and keep riding your bike (*all right, that was my personal thing*)."

ELIZABETH KVALE, MD
RESIDENCY CLASS OF 1997

DR. KVALE is a junior faculty at the University of Alabama at Birmingham in the Division of Gerontology, Geriatrics, and Palliative Care. Her clinical responsibilities include serving as an attending physician for the inpatient SafeHarbor Palliative Care Unit at Birmingham VA Medical Center and director of the Outpatient Clinics for Palliative and Supportive Care.

"I came to Birmingham to do a two-year palliative research fellowship after having done primary care in a small town in Illinois for five years. We thought we would do the fellowship and then bail on the Deep South, but Birmingham turned out to be far more comfortable for us as a family than we ever expected," Dr. Kvale explains. "My job is a wonderful and precarious balance of patient care, teaching, research, and a bit of administration — and I have great colleagues to work with and learn from in a really busy palliative care service."

Dr. Kvale is married to Bob Maharrey, and they have two boys, Keller, 7, and Mac, 5.

"Bob and I stay busy trying to keep up with the boys. Last year I shifted from road racing to racing BMX bikes with them," says Dr. Kvale.



CONGRATS TO OUR FELLOWSHIP GRADUATE

20

JURIS (JP) SIMANIS, MD, MSPH

Dr. Simanis, a Sports Medicine Fellow, has moved to Bolivar, which is a town of approximately 10,000 located in southwest Missouri. He is employed by Citizens Memorial Hospital and serves as the primary care sports medicine/occupational medicine physician. In addition, Dr. Simanis is the team doctor for Southwest Baptist University and several high schools in the area.



07



"WHAT ADVICE DO YOU HAVE FOR OUR 2007 FAMILY MEDICINE GRADUATES?"

1997 FAMILY MEDICINE FELLOWSHIP GRADUATE

"Life after residency is good, but it can be great once you accept the fact that life is hard."

JOHN GAZEWOOD, MD, MSPH
FELLOWSHIP CLASS 1997
RESIDENCY CLASS OF 1990

DR. GAZEWOOD moved to a small eastern Tennessee town in 1990 after finishing his residency training at MU. He practiced the full spectrum of family medicine until, he says, he heard the "siren song of academic medicine." In 1995, he returned to Missouri and enrolled in the MU Family Medicine faculty development/geriatrics fellowship program.

After completing his fellowship in 1997, Dr. Gazewood moved to Charlottesville and joined the faculty at University of Virginia (UVA) Family Medicine Department. Since that time, he has directed the department's medical student programs and a first-year "doctoring" course, *The Practice of Medicine*. Today Dr. Gazewood, an associate professor, serves as director of the UVA Family Medicine Residency Program.

"Patty and I have been married nearly 20 years and have four great kids: Ginny, 14, JP, 11, David, 8, and Anna, 4. We love music, movies, hiking, and camping," Dr. Gazewood says. "I help coach JP's soccer team and am a den leader for David's Cub Scout den. In my spare time, I like to read, go fishing, or check out one of C'ville's great restaurants."



★ ★ ★ RURAL PHYSICIAN FACULTY POSITION ★ ★ ★

Exceptional opportunity for a board-certified/board-eligible family physician in a rural teaching practice in Fulton, Missouri. Candidates should enjoy teaching and living in a thriving rural area, and they should have interest in inpatient and outpatient family medicine — routine obstetrical care preferred but negotiable. Other academic and scholarly opportunities available. Comprehensive benefit package and incentive plan. Salary and rank commensurate with qualifications. Please send CV to:

Harold Williamson Jr, MD, MSPH c/o Adam Swofford
University of Missouri Department of Family and Community Medicine
M226 Medical Sciences Building — DC032.00
Columbia, MO 65212

E-mail: swofforda@health.missouri.edu — Phone: 573-882-5626 — Fax: 573-882-9096

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION/ADA EMPLOYER

SHAMITA MISRA story continued from page 1

ago as a family medicine resident.

"OB is my strength; I've been doing it since 1982," Dr.

Misra says. "Every delivery is different, so the experience never gets old for me."

Since practicing family medicine, Dr. Misra says, she's gained expertise in new areas, like hypertension and diabetes.

"These are conditions I feel a real comfort level in treating," she explains. "I also like performing lots of procedures, and not just female ones. I do dermatology procedures, and I teach them, too."

She does grand rounds, and Dr. Misra teaches residents in clinic and on the inpatient service, so she has many opportunities to help and watch them grow. Seeing the evolution and transitions that every resident experiences is one of the perks of working in an academic environment, she says.

Everything about work is good for Dr. Misra. She likes "doing it all" but admits that continuity clinic is the most rewarding part of her job.

"I enjoy my patients and getting to know them as people," she says. "Understanding the dynamics of who they are and what makes them tick helps you have fun and succeed as a family physician."

Evidence-based medicine is important, but it doesn't always work,

says Dr. Misra.

"As a physician, we need to consider the biopsychosocial aspects of a person because these will impact health and the care we provide," she explains. "Those things we call vibes ... they are important, too, and they happen every time we interact with someone. Health care is more successful when the vibes between doctor and patient are positive."

For much of the success she's achieved thus far in her career, Dr. Misra thanks her parents and the solid education they provided her in India. The second of five children, she was born and raised in Jhansi. Dr. Misra lived at home until she graduated from medical school.

"My father was very conservative and wouldn't let me live anywhere else. I had a dorm room, but I could use it only during exam time," she explains. But Dr. Misra isn't complaining about her strict upbringing. In fact, she says, it has a lot to do with who she is today.

A strong work ethic drives Dr. Misra. Knowing that she has people who need her — patients waiting to be cared for and residents waiting to be taught — motivates her to jump out of bed each morning, eager to start the day.

And when her day ends, Dr. Misra is just as eager to return home and spend quality time with her family. Shamita and Madhukar, who met and married 25 years ago as medical students at Bundelkhand University,

have two children. Runjhun, their daughter, is 23 and attending Touro University College of Osteopathic Medicine in Nevada. Their son, Sidhant, is 15 and a sophomore in high school. Last year, Sidhant was a finalist in the Scripps National Spelling Bee.

Dr. Misra feels fortunate for her family and friends, her job, and the many other ways her life has been blessed. She credits America — and a near-death experience she had as a resident — for helping her become the happy person she is today.

"I was in a car accident that nearly killed me on my way to clinic back in 1999," she explains. "After that, I made a major attitude change about myself, my behavior, and my lifestyle. I decided to be true to who I was and shed my inhibitions."

A less inhibited Dr. Misra has evolved since then, and she has discovered new ways to express herself, especially when she hears music.

"If I hear nice music, I have to get up and dance," she says. "I want to move with the groove and make up steps. I love freestyle dancing."

Her passion for freestyle dancing might surprise people, especially her friends and family in India, says Dr. Misra.

"Dancing makes me happy, but it's something I've inhibited all my life," she explains. "I used to be so reserved, but not anymore, and for that, I thank America."

SHAMITA MISRA, the teacher

"Dr. Misra is a great teacher, colleague, and personal physician. Clinic was never dull beside her; as a 'Leo,' she could make every day fun. She is also extremely kind-hearted. She strives to do her best in all areas of life, and has been successful in this feat. I've placed the health of my greatest treasure (my son) in her hands and trust her implicitly."

— **MENDI HECKER, MD**, who finished residency training in June, learned from Dr. Misra while working alongside her in clinic.

SHAMITA MISRA, the colleague

"Dr. Misra is a friend as well as a teammate. She asks my opinion on patients and treats me like an equal. Dr. Misra is a caring physician and gives her best to everyone. Other physicians, even those who've been here longer than Dr. Misra, often seek her advice about patients. Dr. Misra is an important part of our Blue Team family."

— **SHERRY THOMPSON, LPN**, a Blue Team nurse, has worked with Dr. Misra for 10 years at Green Meadows Family Medicine Clinic.

SHAMITA MISRA, the physician

"Dr. Misra is a very competent, caring, and patient physician. When we talk, I know she's really listening. She keeps an open mind and is respectful of my sometimes non-traditional health care requests. I trust Dr. Misra completely and have recommended her to many of my friends."

— **EMILY MARSCHALL** has been Dr. Misra's patient for several years. Dr. Misra delivered Isaac, Emily's four-month-old baby, and now cares for Emily's husband, Joe.

A NEW CLASS OF FAMILY MEDICINE RESIDENTS

Residency Director **ERIKA RINGDAHL, MD**, and Associate Directors **ERIK LINDBLOOM, MD, MSPH**, and **KRISTEN DEANE, MD**, are proud to welcome these new first-year residents and externs:

RESIDENTMEDICAL SCHOOL

Shawndra Brown, MD	St. Louis University
Mark Dodds, MD	Saba University, Netherlands
Dana Galbraith, MD	University of Missouri-Columbia
Abdulraouf Ghandour, MD	Beirut Arab University
Aaron Gray, MD	University of Tennessee
Shannon Hensley, MD	University of Chicago
Jana Hill, DO	Des Moines University
Heather Hughes, MD	University of Missouri-Columbia
Kara LeFevre, MD	University of Missouri-Columbia
Venkata Kadipi (Reddy), MD	Kurnool Medical College, India
Laura Morris, MD	University of Missouri-Columbia
Sandesh Pandit, MD	Tribhuvan University, Nepal

EXTERNS IN FAMILY MEDICINE RESIDENCY PROGRAM (4TH-YEAR MU MEDICAL STUDENTS)

Jill Anton – Crystal Cook – Margaret Day – Jamie Dost – Donnie Goeller – Landon Hough – Luke Stephens



— — — ALUMNI UPDATES — — —

JASON MITCHELL ('98 Resident) has been appointed assistant director of the American Academy of Family Physicians' Center for Health Information Technology. After residency training, Dr. Mitchell practiced nine years in St. Charles, MO. In his new role at AAFP, he will be working with family physicians to assess and implement their IT needs. His former residency partner,

ROBERT PHILLIPS ('98 Resident; '00 Fellow), serves as director of AAFP's Robert Graham Center for Policy Studies in Family Medicine and Primary Care. Dr. Mitchell, his wife, Connie, and their sons, Christopher and Andrew, moved to Kansas City this summer.

PAUL SCHOEPHOERSTER ('92 Resident; '94 Fellow) was elected president of the Fayette R-III Board of Education.

Fayette, a community of 2,800, is located 30 miles northwest of Columbia, MO. First elected in April 2003, Dr. Schoephoerster is currently serving his third three-year term on the school board. Dr. Schoephoerster, a faculty member who practices at our Fayette Medical Clinic, lives in Fayette with his wife, Lisa, and their two children, Kirby and Jack.

WE CHALLENGE YOU TO test your vision

Everyone at MU has a vision about the Future of Family Medicine.
Can you match each of these quotes with the faculty member who said it?

Please call or e-mail your responses to Kathy Boeckmann at
573-884-7916 OR boeckmannk@health.missouri.edu.

Prizes will be awarded to the first three correct entries.*

DR. STEVE
ZWEIG



DR. DAN
VINSON



DR. BETSY
GARRETT



DR. MIKE
LEFEVRE



DR. ERIKA
RINGDAHL



DR. HAL
WILLIAMSON



"I think it's incumbent upon institutions of higher learning, places like this, to really push the envelope now. We must change the model of care so that it improves health for patients. Family medicine must become financially viable and more satisfying for physicians, and it must become a specialty that interests and attracts medical students. Without these changes, I fear we'll see the collapse of health care in our nation."

"We must use the strengths of our department and support from alumni and friends to transform family medicine with innovations in practice and education, knowledge from practice-based research, and determination to succeed in our academic health centers and communities. Our goal is to preserve what's wonderful about family medicine and the enduring values of the family physician as we shape the future of our specialty."

"Our residency program is developing a curriculum that begins in the fourth year of medical school and emphasizes training in the personal medical home, electronic information systems, chronic disease management, and interdisciplinary team work. Our mission is to ensure that the next generation of family doctors are compassionate and capable of working in a practice environment that is always changing."

"Tomorrow's family physicians will be much like family physicians of yesterday. They will be capable, trustworthy, and respectful, and they'll be committed to providing comprehensive, compassionate care and value the relationships they build with patients. In addition, they will utilize electronic records and information systems for patient care, population management, and quality improvement, and they'll have competence in caring for the chronically ill and our aging population."

"We must develop new research designs that are quick, simple, more pragmatic, and less fastidious so physicians can enroll patients on the spot — in clinic. These designs should focus on large studies that represent the patients we see. And the results must be available quickly, and they must clearly answer the questions we have. In order to take family medicine research to the next level, we'll need to be creative and think outside the box."

"When the Future of Family Medicine is actualized — with a full basket of services, patient-centered medical home, and fully functional EMR — we will be able to capture the imaginations of our best, brightest, and most creative medical students. We will see a resurgence in the interest in family medicine as students better understand that as family physicians they can bring about meaningful changes in health care and have a career that is fulfilling and rewarding."

* University of Missouri employees may enter this contest but are ineligible for a prize.



UNIVERSITY OF MISSOURI-COLUMBIA
FAMILY & COMMUNITY MEDICINE
M226 Medical Sciences Bldg, DC032.00
Columbia, MO 65212

UNIVERSITY OF MISSOURI - COLUMBIA

Family & Community MEDICINE

M226 Medical Sciences Building
Columbia, Missouri 65212
Telephone: 573-884-7701
Fax: 573-882-9096

<http://www.fcm.missouri.edu>

Chair:

Harold Williamson Jr., MD, MSPH

Associate Chair:

Steven Zweig, MD, MSPH

Administrative Manager:

Pamela Mulholland, MHA

Questions and comments about this newsletter should be directed to:

Kathy Boeckmann, MA
573-884-7916
boeckmannk@health.missouri.edu

Mark Your Calendar And Plan To Attend

17TH ANNUAL CONFERENCE

caring for the **FRAIL ELDERLY**

**And the 16th Annual Meeting
Missouri Association of Long-Term Care Physicians**

August 24-25, 2007 ~ The Holiday Inn Select Executive Center ~ Columbia, Missouri

UNIVERSITY OF MISSOURI SCHOOL OF MEDICINE
COLUMBIA, MISSOURI
AUGUST 24 – 25, 2007

For more information, contact the CME Office at 573-882-0366,
via e-mail at walterssj@health.missouri.edu or
access the CME web site at www.muhealth.org/~cme